

SEPTEMBER 2016



ABOUT THE CENTER...

Langley Senior Center, a multi - service center for senior activities, provides recreational, social, educational and cultural services and programs to the Monterey Park community.

SPECIAL DATES TO REMEMBER...

SEPTEMBER 5 - LABOR DAY HOLIDAY CENTER CLOSED

SEPTEMBER 6 - HOUSING RIGHTS CENTER, 1:00 A.M.

SEPTEMBER 7 - HOUSING REHAB SEMINAR, 10:30 A.M.

SEPTEMBER 19 - MATURE DRIVER'S CLASS, 8:00 A.M.

SEPTEMBER 15, 29 - DIABETES WORKSHOP, 9:30 A.M.

SEPTEMBER 19 - COMMISSION ON AGING MEETING, 11 A.M.

SEPTEMBER 22 - ANNIVERSARY/RECOGNITION, 11:00 A.M.

SEPTEMBER 30 - LEGAL ADVISE FOR SENIORS, 10 - NOON



LANGLEY ANNIVERSARY/ VOLUNTEER
RECOGNITION TICKETS - \$3.00
SEE FLORA IN MAIN DINING ROOM

DIABETES SELF-MANAGEMENT EDUCATIONAL PROGRAM

Thursdays • 9:30 A.M. - 10:30 A.M.

September 15, 29 and October 5, 12, 19, 26

Presented by Chinatown Service Center

Program aims to provide education to seniors with diabetes and prediabetes

RESIDENTIAL REHABILITATION SEMINAR

WEDNESDAY, SEPTEMBER 7, 10:30 A.M.

The City of Monterey Park offers financial assistance through a deferred payment loan of up to \$50,000 to qualified low- and moderate- income households to repair or improve their homes. Funding for this program comes from the U.S. Department of Housing and Urban Development (HUD). Eligible improvements: The owner/applicant must occupy the property and meet additional income requirements. The property must be located within the City of Monterey Park. Types of eligible work include: Roofing, Plumbing, Electrical, Painting, Windows and doors, Heating and Insulation - Weatherization.

SENIOR CITIZEN CLUB/MEETING SCHEDULE:

CLUB AMISTAD, Wednesday, 10:00 A.M.

M.P. SENIOR CITIZEN CLUB, Friday, 11:00 A.M.

CHINESE AMERICAN SR. CLUB, 1st Saturday, 1:00 P.M.

JAPANESE AMERICAN CLUB, 3rd Saturday, 1:00 P.M.

GARDENING CLUB, 4th Monday, 1:00 P.M.

WU DANG TAI CHI CLUB, Friday, 4:00 P.M.

City of Monterey Park
LANGLEY SENIOR RECREATION CENTER
400 W. Emerson Avenue
Monterey Park, California
626.307.1395

OPEN MONDAY - FRIDAY

8:00 A.M. - 4:45 P.M.

SATURDAY and SUNDAY

8:00 A.M. - 1:45 P.M.

EXCEPT FOR FEE BASED ACTIVITIES

FALL EXERCISE AND FITNESS CLASSES

OCTOBER 3 - DECEMBER 9

KATALINA BELTRAN, Exercise/Dance Instructor

CHAIR FITNESS EXERCISE

4215.201 Tues/Thurs 1:30 P.M. - 2:30 P.M. \$48.00

4215.202 Thurs Only 1:30 P.M. - 2:30 P.M. \$28.00

Aerobic movement, range of motion exercises, strength training, performed in a seated position. This wellness course blends yoga, breath work, strength building and most importantly brain charging exercise.

FITNESS AFTER 50 - BEGINNING LEVEL

4215.203 Mon/Wed 1:00 P.M. - 2:30 P.M. \$50.00

Heart healthy low impact aerobics, strength and flexibility training are the focus of this class. Improve your balance, muscle tone, and posture.

FITNESS AFTER 50 - INTERMEDIATE CLASS

4215.204 Friday 12:15 P.M. - 1:15 P.M. \$30.00

NEW CLASS - level is between Beginning and Advance. Class offers targeted body sculpting exercises with energetic low impact moves, small weights and exercise band to tone arms, abs, back and thighs. Students will not do any exercises on the floor. Bring weights and exercise band to class.

FITNESS AFTER 50 - ADVANCE CLASS

4215.205 Mon/Thurs 2:45 P.M. - 4:15 P.M. \$50.00

Seniors are invited to come and exercise in this advanced program which helps improve balance, strengthening, flexibility, muscle tone, bone density, and posture.

ZUMBA GOLD

4215.207 Tuesday 12:15 P.M. - 1:15 P.M. \$30.00

Zumba gold is an aerobic class that uses Latin based rhythms and other dance inspired tempos to create a fun upbeat workout. Low impact, easy to follow dance fitness class.

LATIN DANCE

4215.211 Friday 1:30 P.M. - 2:30 P.M. \$30.00

Learn to dance Salsa, Merengue, Cha Cha, Rumba and other Latin dances with easy to follow steps and routines. Our Friday afternoon class is for everyone from absolute beginners to seasoned dancers, and you don't need a partner!!!

YOGA

4215.208 Tuesday 2:45 P.M. - 3:45 P.M. \$30.00

This easy to follow class is designed for all levels that use special breathing and strength-building yoga postures. A modified version is simultaneously demonstrated for those with limited flexibility and strength. Students can do the class in the chair or standing with or without shoes.

CLASSES, ACTIVITIES and SERVICES

TABLE TENNIS, BILLIARD ROOM, EXERCISE AREA
Open Play - Monday - Friday • 8:00 A.M. - 4:45 P.M. and
Saturday and Sunday Play • 8:00 A.M. - 1:45 P.M.

EARLY MORNING PLAY/EXERCISE AREA

MON - FRI • 6:00 A.M. - 8:00 A.M.

Only seniors that have paid activity fees may participate
or occupy the room during the posted times.

OCTOBER 3 - DECEMBER 22

4602.200 Monday - Friday 6:00 A.M. - 8:00 A.M.

\$39.00 Seniors 50 yrs and up

AMERICAN CULTURE - Intermediate

Explore American life and language. Paul Cheng, Instructor
Thursday 1:00 P.M. - 4:30 P.M.

BALLROOM DANCE CLASSES

Glenn Yata, Instructor, 6:30 P.M. - 9:30 P.M.

Learn the basics of ballroom dance and enjoy a wonderful
evening with a classic instructor that will teach you
fundamentals.

Wednesday	7:30 P.M. Regular class	\$7.00
	8:30 P.M. Regular class	\$7.00
	9:30 P.M. Advanced class	\$9.00
Friday	6:30 P.M. Beginner class	\$7.00
	7:30 P.M. Regular class	\$7.00
	8:30 P.M. Practice	\$1.50

BEADING CLASS

Come create one-of-a-kind designs under the direction of
talented designer and instructor Francis Lau. Pay for materi-
als used. Monday 9:00 A.M. - 11:00 A.M.

BINGO - Friday afternoon from 12:30 P.M. - 4:00 P.M. Must
be 18 years of age play. No children are allowed. Doors open
at 10:45 A.M.

SUNDAY BINGO - On the 1st, 2nd, 3rd and 5th Sunday of the
month. Door open at 10:30 A.M. No children are allowed.

BRIDGE - Contract or Duplicate - Mondays and Thursdays,
12:30 P.M. - 3:45 P.M. If you play Contract Bridge and are
looking for a good group to share an afternoon of bridge with,
come join us. Those who play 500 welcome new players.

BRIDGE LESSONS - Duplicate Bridge 2 Over/game force.
Monday 11:00 A.M. - 12:00 noon. Learn advanced bidding
techniques, major raises, inverted minors, and strong no trump
openers, competitive bidding techniques and conventions.

CHINESE PAINTING II

Explore the discipline and beauty of Chinese brush painting - one
of the oldest traditions in the world; \$25 materials fee. Peter Lee,
Painting Instructor, Thursday 9:30 A.M. - 12:00 Noon

CHINESE BRUSH PAINTING

Chinese brush painting class. Each brush stroke produces a
portion of the painting that is neither improved upon nor
corrected. Materials fee only. Ping Wen Chiang, Instructor
Thursday, 9:30 A.M. - 12:00 Noon

ENGLISH CONVERSATION

Refine your English language skills with other students.
Betty Cheng, Instructor, Thursday 9:15 A.M. - 11:30 A.M.

GARDEN GROUP

Learn tips for gardening to make your garden look wonder-
ful. (Group meets 4th Monday of the month, 1:00 p.m.)

JEWELRY AND WATCH REPAIR

Repair service provided by Kit Moc, Wednesday,
8:00 A.M. - 11:30 A.M. for repair or estimate.

CHINESE FRIENDSHIP CHORUS

Prof. Ping Qiao, Instructor

Wednesday 9:30 A.M. - 12:00 Noon

CHINESE EVERGREEN CHORUS

Delly Chow, Instructor

Wednesday 1:00 P.M. - 3:00 P.M.

CHINESE OPERA

Fuller Chen, Instructor

and Jeannie Ho

Monday 9:00 A.M. - 12 Noon

CHINESE OPERA

Friday 9:00 A.M. - 12 Noon

MONTEREY PARK CHORUS

Join us on Monday evenings to sing with friends.

Wei Pu, Conductor

Monday 7:00 P.M. - 9:00 P.M.

CONCERT BAND of MONTEREY PARK

Musicians wanted - (brass, woodwinds and drums) and be
able to read music, have instrument and music stand.

Monthly fee. Mon 7:30 P.M. - 9:30 P.M.

DANCE EVERY TUESDAY, 1:00 P.M. - 3:30 P.M.

Live music dance band . . . Performed by Eric and Gary of the
Incredible Time Machine. \$2.50 per person.

KARAOKE

Sing your favorite song or belt out your best ballad in this
group setting. Betty Cheng, Instructor

Tuesday 9:00 A.M. - 12 Noon

LUNCH PROGRAM - Monday- Friday to those 60 years
and over. Reservations must be made in advance on Monday
from 8:00 a.m. - 9:30 a.m. for the following week. Suggested
donation, \$3.00

NEEDLE CRAFT CLASS

Sew or knit with friends in the warm atmosphere of learn-
ing new skills or sharing your designs.

Tuesday 9:00 A.M. - 11:30 A.M.

LINE DANCING - Main Room

Mon & Tues 10:00 A.M. - 11:00 A.M.

Mary Chan, Jeannie Chau, Beryl Shieh

LINE DANCING

BEGINNING and ADVANCED

Friday 8:45 A.M. - 10:00 A.M.

Instructors: Sandra Lin, Beryl Shieh, Jeannie Chau.

BEGINNING CLASS - class room 2

Friday 9:00 A.M. - 11:00 A.M.

MEMORY MAKERS FITNESS CLASS

Includes Yuan Chi Dance, Line Dance and Tai Chi
Exercise. Instructors: Sandra Lin and Rosa Yee

Saturday 9:00 A.M. - 11:00 A.M.

MAH JONG

Come play for fun in the afternoon.

Monday 12:00 P.M. - 4:00 P.M.

Tuesday - Friday 12:00 P.M. - 4:30 P.M.

YUAN CHI DANCE/TAI CHI EXERCISE

Includes Yuan Chi Dance and Tai Chi Exercise.

Sandra Lin, Rosa Yee, Instructors

Mon - Tues 8:00 A.M. - 10:00 A.M.

Wed - Thurs 8:00 A.M. - 10:30 A.M.



CLASSES, ACTIVITIES and SERVICES

HOUSING RIGHTS CENTER TUESDAY, SEPTEMBER 6 - 1:00 P.M.

Walk-In-Fair Housing Clinic (1st Tuesday of month),
Landlord/tenant counseling, discrimination complaint
investigation and fair housing information.

FREE LEGAL ADVISE FOR SENIORS SEPTEMBER 30 - 10 A.M. – 12 noon

Attorney Emma Hilario will provide a free 20 – minute
maximum legal consultation. Advise will be given based
upon her law experience as an attorney for over 23 years.
Please call the office at (626) 307-1395. Appointments
will be on a first come, first served basis.

BLOOD PRESSURE SCREENING -

Friday mornings come visit Nurse Valentine Salinas in the AB
room from 11:00 A.M.- Noon.

BLOOD PRESSURE SCREENING - SEPTEMBER 20

(3rd Tuesday of the month) 8:30 A.M.-10:30 A.M.,
Provided by CVS Pharmacy and Chinatown Service Center.

HAIRCUTS - First come, first served. Barber: Robert
Delgadillo, Wednesdays from 7:00 A.M. - 11:00 A.M.,
Suggested donation, \$5.00. Beautician, Martha Pineda,
Fridays, 8:00 A.M. - 11:00 A.M. Suggested donation, \$6.00.

IN-HOME REGISTRY SERVICE - Our registry includes:
Certified Nurse Assistants for personal care needs such as
feeding, bedside care, housework, meals, laundry, handymen,
gardener. If you reside in Monterey Park and are 60 or over
and need this type of in-home care, please call (626) 307-
1395. Applications for work are available.

NOTARY - Virginia Greene, a Notary Public, Wednesdays,
12 Noon – 2:00 P.M. Notarizations \$10.00 per signature
for Seniors; Subscribing witness forms - \$10; Custodial
documents forms \$10.

COMPUTER

LangleyWIFI-Public Password: guest400
Come to the front counter for further assistance

INTERNET CAFE IS OPEN!

Volunteer Pat Partida monitors the **INTERNET CAFE**
Mondays from 11:30 A.M. - 2:30 P.M. Come to the
computer area . . . send emails and get Facebook updates
from family and friends. Pat is on hand to help with your
questions or if you are stuck on how to use your computer.
No need to bring your own computer or tablet.

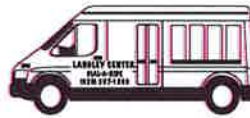
COMPUTER/IPAD CLASSES

Dr. Charles Mau, Instructor * Seniors 50 yrs and Up
**IPAD CLASS - SEPTEMBER 14 - FOUR WEEKS EVERY
WEDNESDAY 1:00 P.M. - 3:00 P.M.**

Come learn the basics ... how to master the basic operations.
Classes are conducted in English and help is available with
Chinese.

IMPROVING YOUR WELL-BEING CARE MANAGER

SEPTEMBER 27 - Fourth Tuesday, except on holidays,
Care Manager, will be available from 10:00 A.M. – 12:00
Noon. Provided by YWCA San Gabriel Valley services,
include referrals for medical, counseling and mental health;
in-home services; transportation; caregiver resources,
and nutritional referrals. Please call the YWCA Case
Management Program if you require supportive services at
626.214.9467, or schedule an appointment at the Langley
Senior Center front desk.



TRANSPORTATION

DIAL-A-RIDE

Service available Monday through Friday, 8:30 A.M.–
4:00 P.M., call (626) 307-1396. Free service for seniors
55 years of age and over, transportation within Monterey
Park City limits, except for medical needs, and then into
adjacent communities only.

MATURE DRIVER'S IMPROVEMENT SEPTEMBER 19

Class held from 8:00 A.M. – 4:00 P.M. Seniors completing
the 8-hour course will be certified and eligible to get a
5% to 10% reduction on their premiums for bodily injury
and property damage liability for up to three years with
participating insurance companies. \$1.00 FEE, includes
State Certificate of Completion. For information call (626)
307-1395. Each senior must register in person with a valid
California Driver's license.

METRO "TAP CARD"

Cards are processed from the 25th of the month through
the 10th of next month, Monday – Friday, 8:30 A.M. –
4:30 P.M. To receive the City's discount, you must be 62
or older and have proof of residency which must include
identification with name and address imprinted, such as a
Driver's License, DMV ID Card, and a valid "TAP CARD".
Senior Citizen/Handicapped MTA bus pass fees are: \$17
for residents and \$20 for non-residents.

TAXI COUPONS - Immediate Needs Transportation
Program taxi coupons are issued from 1st Monday of
the month, availability on a first come, first served basis
- to qualified senior residents, whose household income
meets the L. A. County poverty guidelines. (\$11,770 per
year for one member, \$15,930 for two, \$20,090 for three
or \$24,250 for four, \$28,410 for five). Participants are
allowed 2 coupons a month, value of each coupon is \$11.
If you qualify, come to the Dial-A-Ride desk to apply.

TRIPS & TOURS

TOUR DESK IS OPEN FROM 9:00 A.M. – 3:00 P.M. • MONDAY - FRIDAY
ALL TRIP RESERVATIONS MUST BE MADE IN PERSON AT LANGLEY CENTER

*Trips and tours are for senior citizens 50 years and older only, no exceptions. Trips are limited and are on a first pay basis. All casino dividends are subject to change. Monterey Park's Recreation and Community Services Department acts only as an agent in putting together day and extended trip packages and does not assume any liability for illness, injury, damages, loss, accident, or delay due to any act or default of any company or person involved in the trip, nor can we be held responsible for changes made by the tour operator or hotels. **CANCELLATIONS:** Notification of cancellations must be made in advance to the Langley Office - Trips and Tours: Day Trips - at least 5 business days; Overnight Trips - at least 14 business days; An original ticket receipt is required to receive a refund less the cancellation fee of \$2.00 for day trips and \$5.00 for overnight trips. For information and reservations contact: Langley Senior Center, 400 W. Emerson Avenue, Monterey Park, CA or call Trips and Tours Travel Coordinator Joyce Knox at (626) 307-1395.*



UTAH CANYON ROYALE **SEPTEMBER 26-29**

Travel by deluxe motor coach, with professional tour escort and luggage handling. First stop is the Valley of Fire State Park; then it's off to the exciting Casa Blanca Resort and Casino in Mesquite, Nevada for the next three nights. \$20.00 meal coupon is included. Day two we are off to the awe inspiring Zion National Park, Utah; then back to Mesquite; and Cedar Breaks National Monument, Utah, the destination for day three. Las Vegas, Nevada will be our last stop as we head back home. \$499 Per Person double occupancy, \$769, Single occupancy.

CABAZON/ DESERT HILLS OUTLET **SEPTEMBER 28, WEDNESDAY**

Find impressive savings at premium stores at Cabazon and Desert Hills Outlet, located on the Morongo Resort Indian Reservation. Clothing, shoes, home furnishings, housewares, gift and specialty items and MORANGO CASINO. Trip includes shopping and Driver's tip. COST: \$9.00 Per person, PLUS \$1.00 DRIVER'S TIP. Check in at 7:15 A.M. Depart at 8:30A.M.. and return at approximately 5:30 P.M.

SAN FRANCISCO, RENO, LAKE TAHOE **OCTOBER 14 - 18**

Travel by deluxe motor coach to beautiful Northern California. Spend the next two nights at the Concord Hilton Hotel; where you will get a taste of San Francisco, Pier 39, and the Golden Gate Bridge, and Union Square. On day three we are off to the El Dorado Resort and Casino Hotel in Reno, Nevada, and venture up the hill to the wonder of spectacular Lake Tahoe. \$799 Per Person double occupancy, \$999 Single occupancy. Deposit of \$200 per person.

PECHANGA RESORT CASINO **MONDAY, OCTOBER 24**

Gambler's get-away- Delight! – \$9.00 Per person, Plus \$1.00 DRIVER'S TIP. Must have Player's Card # and original valid State driver's license, or original State Senior ID or valid current government issued photo ID at time of registration. Check in 7:45 a.m., Depart 8:30 a.m. – return at approximately 5:30 p.m.

LAS VEGAS GOLDEN NUGGET HOTEL, **LONGSTREET HOTEL AND CASINO in DEATH** **VALLEY - NOVEMBER 1 - 4**

Board the bus and away we go up Highway 395, where you will see sculpted rocks, sand dunes and colorful canyons. Two nights stay at Longstreet Hotel and Casino in Death Valley; visit Scotty's Castle, Furnace Creek and Badwater Basin (the lowest point in the Western Hemisphere). Then it's off to the Golden Nugget Hotel in Las Vegas . . . try your hand with 'Lady Luck' and enjoy the Fremont Street experience. \$699 Per Person double occupancy; \$999 Single occupancy, Deposit \$200 per person, balance due September 17.

RIVERSIDE RESORT and CASINO **LAUGHLIN, NEVADA** **NOVEMBER 6 - 8**

Travel by deluxe motor coach and head for the River. Enjoy three days and two nights at Riverside Resort and Casino; where you can enjoy Colorado River activities, delicious food and gambling fun at the casino. Driver's tip and luggage handling, plus three meals are included. Depart Sunday morning at 8:00 a.m. and return Tuesday at approximately 5:30 p.m.. check in at 7:15 a.m. \$155 per person, double occupancy, \$215 per person, single occupancy. Sign up no later than October 1.



HOLIDAY CELEBRATION - BRANSON, MISSOURI **NOVEMBER 6 -10**

Exciting Branson Holiday Music tour begins as we board our flight from LAX. Four nights at the Radisson Hotel, in Branson, six holiday shows, including The Ozark Mountain Christmas, Dublin's Irish Tenors and the Celtic Ladies, the Hughes Brothers and SIX, an Orchestra of Human Voices. A visit the Stone Hill Winery and College of the Ozarks. Finally, we will follow the Trail of Lights, a drive through animation display celebrating the holiday. Round trip airfare, deluxe motorcoach, professional tour guide....\$1,899 Per Person double occupancy; \$2,299 Single occupancy, Deposit \$200 per person, balance due September 6. An insurance package is available.

SEPTEMBER 2016 MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1 紫菜蛋花湯
大熏雞

2 味噌湯
叉燒豆腐

5 勞工節
LABOR DAY
中心休假

6 豆芽湯
烤排骨

7 菜乾湯
雞肉醬拌麵

8 鸡蓉玉米湯
回鍋肉

9 紫菜豆腐湯
味噌龍利

12 菠菜湯
肉餅蒸蛋

13 味噌豆腐湯
烤鸡腿

14 羅宋湯
秋刀魚

15 番茄蛋花湯
咖哩雞

16 冬瓜湯
豉汁排骨

19 南瓜湯
三杯雞

20 豆芽湯
豉汁龍利

21 蔬菜湯
肉餅蒸蛋

22 慶祝
週年慶
特餐

23 蛋花湯
大熏雞

26 冬瓜湯
烤排骨

27 白菜湯
宮保雞丁

28 番茄蛋花湯
帶刺鱈魚

29 冬瓜湯
黑椒雞腿

30 紫菜蛋花湯
肉絲炒麵

YWCA San Gabriel Valley - Langley Sr. Center, Monterey Park

400 West Emerson Avenue

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Administered by <u>YWCA San Gabriel Valley & the Inland Communities</u> And funded in part by the Los Angeles County Area Agency on Aging through the Older Americans Act of 1965 as amended.</p> <p>YWCA San Gabriel Valley & the Inland Communities 943 North Grand Avenue, Covina, CA 91724 Phone - Director: 626-214-9466 Fax: 626-814-0447</p> <p>email: intervale@ywcasgv.org facebook.com/ywcasgv</p>				
<p>5</p> <p>LABOR DAY</p>  <p>CENTERS CLOSED</p>	<p>6</p> <p>Beef Fajitas in Ls Sauce Baked Winter Squash Marinated Tomato, Green Pepper & Onion Salad Green Beans Flour Tortilla Fresh Banana</p> <p>Soybean Soup Baked Pork Rib White & Brown Rice Mustard Greens w/ Ginger Stir-Fried Chinese Vegetables w/ American Cabbage, Bean Thread & Mushrooms Sliced Pears</p>	<p>7</p> <p>Vegetable Soup Chicken Chow Mein w/ Chinese Noodles Brown & White Rice Garlic Baby Bok Choy Sunset Salad Cantaloupe</p> <p>Dry Bok Choy Soup Diced Chicken & Noodles w/ Carrots Stir-Fried Tomato, Egg & Onions Pumpkin w/ Garlic Sauce Sliced Cantaloupe</p>	<p>1</p> <p>Minestrone Soup Santa Fe Chicken Salad Black Beans & Whole Corn Carrot-Raisin Salad Lettuce w/ Tomato, Onions, Peppers & Cilantro Ranch Dressing Flour Tortilla & Cantaloupe</p> <p>Seaweed Egg Soup Smoked Chicken White & Brown Rice Stir-Fried Bok Choy Stir-Fried Broccoli & Corn Fresh Apple</p>	<p>2</p> <p>Navy Bean Soup Hamburger w/ Lettuce, Tomato & Onion Slices Roasted Potatoes Ls Baked Beans Creamy Coleslaw WG Hamburger Bun Watermelon Slice</p> <p>Miso Soup BBQ Pork w/ Tofu White & Brown Rice Mustard Greens w/ Ginger Peas & Red Peppers Sliced Peaches/Seasonal Fruit</p>
<p>12</p> <p>Sliced Roast Pork w/ Gravy Mashed Potatoes (Vit. C) Carrots Ls Three Bean Salad Whole Grain Bread (2 Sl) Pineapple Chunks</p> <p>Spinach Soup Steamed Pork w/ Egg White Rice Stir-Fried Pumpkin w/ Garlic Sauce Steamed Corn & Peas Honeydew or Cantaloupe</p>	<p>13</p> <p>Salmon in Pesto Sauce Fresh Sweet Potatoes Green Peas Garden Salad w/ Red Cabbage & French Dressing Whole Grain Bread Fresh Apple</p> <p>Miso w/ Tofu Soup BBQ Chicken Leg & Thigh White & Brown Rice Stir-Fried Bean Sprouts w/ Sliced Carrots Stir Fried Yu Choy Fresh Orange</p>	<p>14</p> <p>Albondigas Soup Steak Picado w/ Ls Sauce Tex- Mex Brown & White Rice LS Black Beans Citrus Fruit Salad Flour Tortilla Custard</p> <p>Potato & Carrot Soup Mackerel White & Brown Rice Stir-Fried Cauliflower & Cabbage Lettuce w/ Oyster Sauce Sliced Peaches</p>	<p>15</p> <p>Vegetable Soup Submarine Sandwich Lettuce & Tomato Slices Potato Salad Carrot- Broccoli Slaw Spinach Salad w/ Mushrooms Creamy Italian Dressing Hoagie Roll & Fresh Banana</p> <p>Tomato & Egg Soup Curry Chicken White Rice Bean Thread Vermicelli w/ Garlic & Cucumber Steamed Carrots & Bok Choy Pineapple Chunks</p>	<p>16</p> <p>Pork Carnitas in LS Sauce Baked Winter Squash Refried Beans Marinated Tomato, Onion & Green Pepper Salad Flour Tortilla Honeydew</p> <p>Wintermelon Soup Soy Sauce Pork Ribs White & Brown Rice Mustard Greens w/ Ginger Stir-Fried Chinese Vegetables w/ American Cabbage, Bean Thread & Dried Mushrooms Sliced Pears</p>
<p>19</p> <p>Sliced Roast Beef w/ Ls Gravy Parsley Potatoes Mixed Vegetables Creamy Coleslaw (3/4 C) Whole Grain Bread Fresh Banana</p> <p>Pumpkin Soup 3 Cup Chicken Leg & Thigh White & Brown Rice Stir-Fried Bean Sprouts w/ Dry Bean Cube Stir-Fried Cauliflower/ Carrots Fresh Banana</p>	<p>20</p> <p>Albondigas Soup Chicken Fajitas Tex- Mex Brown & White Rice Ls Pinto Beans Marinated Tomato, Onion & Green Pepper Salad Flour Tortilla Fruit Cup</p> <p>Soybean Soup Longli Fish w/ Black Bean Sauce White Rice Stir Fried Napa Cabbage Corn & Broccoli Fresh Apple</p>	<p>21</p> <p>Creamy Squash Soup Fish Vera Cruz in LS Sauce Fresh Sweet Potatoes Lettuce w/ Radishes & Mushrooms Salad Ranch Dressing Whole Grain Bread Fresh Apple</p> <p>Vegetable Soup Steamed Pork w/ Egg White & Brown Rice Stir-Fried Pumpkin w/ Garlic Steamed Mixed Vegetables Sliced Honeydew or Cantaloupe</p>	<p>22</p> <p>LANGLEY CENTER ANNIVERSARY AND VOLUNTEER RECOGNITION</p> <p>SPECIAL LUNCHEON MENU BUY YOUR TICKETS FROM FLORA</p>	<p>23</p> <p>Chicken Chop Suey in Ls Sauce Brown & White Rice Garlic Baby Bok Choy Lemon Gelatin w/ Pineapple Chunks Peaches</p> <p>Egg Flower Soup Smoked Chicken White & Brown Rice Bok Choy w/ Garlic Seasoned Tofu w/ Mushrooms Fresh Orange</p>
<p>26</p> <p>Orange Juice Sweet & Sour Pork Brown & White Rice Green Beans w/ Red Peppers Tossed Salad w/ Mushrooms French Dressing Cinnamon Applesauce</p> <p>Mushroom & Melon Soup Baked Pork Rib White & Brown Rice Mustard Greens w/ Ginger Stir-Fried Chinese Cabbage w/ Garlic Sauce Pineapple Chunks</p>	<p>27</p> <p>Lentil Soup Tuna Salad w/ Shell Macaroni Salad Tomato & Onion Slices w/ Bell Pepper Strips Lettuce w/ Red Cabbage, Radishes & Mushrooms Vinaigrette Dressing Whole Grain Roll Cantaloupe</p> <p>Bok Choy Soup Kung Pao Chicken White Rice Carrots w/ Seaweed Steamed Yu Choy Honeydew or Cantaloupe</p>	<p>28</p> <p>Vegetable Soup Roast Turkey Cornbread Stuffing Green Peas Marinated Tomato, Onion & Green Pepper Salad Whole Grain Roll Fresh Orange Sections</p> <p>Tomato & Egg Soup Tilapia White & Brown Rice Sautéed American Cabbage w/ Ginger Sautéed Green Beans Fresh Banana</p>	<p>29</p> <p>Barbeque Chicken Leg & Thigh in Ls Sauce Harvard Beets Fresh Sweet Potatoes Carrot- Broccoli Slaw Whole Grain Bread Gingered Pears</p> <p>Wintermelon Soup Chicken Leg Quarter w/ Black Pepper Sauce White & Brown Rice Steamed Corn Bok Choy w/ Garlic Fresh Orange</p>	<p>30</p> <p>Creamy Squash Soup Italian Meatloaf w/ Ls Brown Gravy Mashed Potatoes (Vit. C) Corn & Lima Beans Spinach Salad w/ Mushrooms Creamy Italian Dressing French Bread Fresh Apple</p> <p>Tofu Seaweed Soup Pork Vegetable Chow Mein Noodles (In entrée) Broccoli w/ Red Pepper Cucumber Saled Egg Roll (1) Sliced Pears</p>

SUBJECT TO CHANGE WITHOUT NOTICE * SUGGESTED DONATION \$3.00 *** 1% LOW FAT MILK INCLUDED**
HOME DELIVERED MEALS / MEALS ON WHEELS CLIENTS MAY RECEIVE DIFFERENT ITEMS